



Cultivating Joy through Gratitude

If you want to _____ different, you have to _____ differently.

Joy _____ us to God and each other.

Two Types of Bonds:

1. _____ bond
 - Always walking on eggshells
 - You can't be yourself
 - Motivated by avoiding negative feelings or pain
2. _____ bond.
 - Is a secure relationship
 - Motivated by a desire to be with each other
 - Can be yourself without fear of rejection
 - Great capacity for growth and maturity

Scripture: Psalm 118:15-24

This is an example of a love bond that is characterized by joy!

Understanding Joy

1. Joy is _____.

“Joy is that feeling you get when someone looks at you and is happy to be with you.”

--Jim Wilder

“In [God’s] presence, there is fullness of joy!” (Psalm 116:11)

2. Joy is the fruit of _____.

3. Gratitude is a _____.

We’re not just training our _____, we’re also training our feelings, desires and emotions to align with what is true.

What is True? We have a really _____ !

To become grateful people, we must practice gratitude in a way that goes deeper than our _____ thoughts.

The Practice: Practice for 5-10 minutes each day.

1. Start a list of memories that bring joy to your face—moments that you sensed God was turning his face toward you and glad to be with you. (try to develop a list of 10)
2. Create a short name or descriptor for each memory. (These will help trigger the memory in the future.)
3. Spend time reliving the memory.
 - Where were you? Who was with you? Why is the moment special? What might God be communicating?Key: Try to remember and relive the bodily experience you had.
 - Butterflies in your stomach
 - A deep sense of peace or relief
 - Tears of joy
4. Ongoing: Do this practice every day for 30 days and see if your joy (or ability to return to joy after unpleasant experiences) increases.